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News Flash

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Sikh teen acquitted in kirpan case

COURT In a case that threatens to once again thrust Quebec's uneasy accommodation of religious minorities into the spotlight, a judge has hinted that nationality indeed played a role in a 13-year-old Sikh boy being charged with brandishing his ceremonial dagger in a dispute with some schoolmates.

"If the three boys had the same nationality, and the same faith, this case would not have ended up before the court," youth court judge Gilles Ouellet said in granting the boy an absolute discharge yesterday.

The boy, who cannot be named, was acquitted of assault with his kirpan dagger, which Sikhs normally keep discreetly sheathed.

TORSTAR NEWS SERVICE

EARTH DAY: APRIL 22

GoGreen

In honour of Earth Day on Wednesday, Metro is providing you with ways you can go green and lessen your environmental footprint.



HOMES. Why a growing number of people are unplugging their refrigerators. Page 14.

FOOD. Barb Holland presents an eco-gastronomical — and very Canadian — recipe. Page 15.

STYLE. Accessories that are fashionable and ecologically responsible. Page 16.

TOMORROW MOVIES. Think you know the planet you live on? Then you may be surprised when you see Disney's Earth.

Program Goodall helping out Native youths



CHRISTOPHER JENCKES/METRO OTTAWA

Renowned primatologist and environmentalist Dr. Jane Goodall, front, speaks at a press conference at Parliament Hill yesterday while National Chief of the Assembly of First Nations Phil Fontaine looks on. Goodall and Fontaine announced a partnership, the Jane Goodall Institute's Roots and Shoots global youth action program for First Nations communities across the country.

Local festivals get some loot

TRACEY TONG
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FUNDING Some of Ottawa's favourite festivals will have plumper pocketbooks after the province announced the recipients of a festival and events funding program in the capital yesterday.

Eighteen area festivals, including the Canadian Tulip Festival, the TD Canada Trust Ottawa International Jazz Festival and Cisco Ottawa Bluesfest will be sharing more than \$1.5 mil-

lion as a part of the \$11-million 2009 Celebrate Ontario program.

"I always think of Ottawa as a place of festivals," said Ontario Tourism Minister Monique Smith. "Festivals are important economic engines and we need people to know how important they are to the economy," she said.

Ontario is home to more than 2,500 festivals and events, said Smith. Out of 514 applicants, 224 events were chosen to receive funding.

Festivals "fill our restaur-

ants, hotels and bed and breakfasts," said Ottawa-Vanier MPP Madeleine Meilleur.

Other Ottawa festivals receiving funding include the Ottawa International Children's Festival, the Vietnamese Cultural Festival, the Odawa Festival of Aboriginal Culture, the Ottawa International Children's Festival, the Ottawa Dragon Boat Race Festival, the Rideau Canal Festival, the Ottawa Folk Festival and the Ottawa International Animation Festival.

Hospital info goes online

New website easy to use

What hospital are patients most satisfied with in the Ottawa area? The Ottawa Hospital.

Where can a patient get the fastest emergency room care for minor conditions? Queensway Carleton Hospital.

What is the C. difficile infection rate at the Children's Hospital of Eastern Ontario? In January, the latest numbers available, the rate was 0.42 per 1,000 patient days. The provincial average was 0.36 for C. difficile, a potentially deadly bacterium that causes diarrhea.

A new website comes online today with a promise to minimize bureaucratic jargon and offer health consumers a user-friendly way to find out information about their local hospitals.

The site, myhospitalcare.ca, has been established by the Ontario Hospital Association, a group representing the 155 hospital corporations in Ontario.

It uses 39 health indicators, such as C. difficile infection rates and hospital death rates, to inform the public about their hospital. The OHA has published

Hospital Report, a scorecard on hospital performance, since 1998, but it is meant to be a tool for hospital administrators. Critics complained the public found the report difficult to understand.

The myhospitalcare.ca website blends data from a variety of sources, such as the Ontario health ministry and the Canadian Institute for Health Information, and then presents the indicators experts believe

are of the greatest interest to the public.

"We are trying to educate and meet the public's need around the hunger for information," said Tom Closson, OHA president. "We thought we would try and create a website we could promote, give it a name that is catchy and pick indicators the public could be interested in."

The indicators range from family perception of care for their loved ones, to the percentage of patients who were physically restrained during a typical 90-day period, and, overall emergency department care.

TORSTAR NEWS SERVICE



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Microchip clinic for pets this Sunday

Spring is sprung, which means more animals outside and getting lost. The Ottawa Humane Society is holding a microchip clinic this Sunday from 10 a.m. to 1 p.m. at its Champagne Avenue location. The cost is \$45 for one pet, \$85 for two and \$125 for three. **METRO OTTAWA**

Local



Tips for green living at eco-fair

Learn to reduce your carbon footprint and create a healthier, greener and cleaner world at the Ottawa Eco-Stewardship Fair at the RA Centre at 2451 Riverside Dr. this Saturday. Exhibitors from eco-friendly groups and businesses will highlight topics like recycling, water conservation, waste diversion and environmental sustainability and provide information on how residents can live greener lifestyles. **METRO OTTAWA**



Tour guide Melannie Eldridge talks about the National War Memorial at Confederation Square during a dry run of tomorrow's Monumental! tour yesterday.

Free tours highlight city's monuments

TRACEY TONG
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Downtown office workers walk by them everyday. And over time, some of the most culturally and historically significant monuments in Ottawa's core become part of the backdrop.

In an effort to get city residents to take notice of and learn more about the city's significant monuments and sites, the National Capital Commission is offering free crash courses on landmarks tomorrow.

Monumental! — free hour-long tours to mark the International Day of Monu-

ments and Sites Saturday — will touch on landmarks including the National War Memorial, the Tomb of the Unknown Soldier and the Valiants Memorial at Confederation Square; the Rideau Canal and the Government Conference Centre at the Plaza Bridge; the Queen Elizabeth II monument, Women are Persons! and Sir John A. Macdonald at Parliament Hill; the Centennial Flame; and the Kwakwaka'wakw Totem, the Colonel By Fountain and the National Aboriginal Veterans Monument at Confederation Park.

The tour is unique because instead of targeting tourists, it's aiming to

draw "people who work in the core on their lunch hour," said tour guide Melannie Eldridge.

"I think it's a great idea. So many locals walk by on a regular basis, but so many probably don't take the time to reflect."

"I think people take them for granted and that they become part of day-to-day life," agreed Marion Mulvenna, co-ordinator of Commemorations and Public Art at the NCC.

The tours are held Friday at 11:45 a.m. and 12:30 p.m. in English and in French at noon.

Participants are asked to meet in front of 40 Elgin St. at Sparks Street.

Blaze destroys convenience store, residences

INVESTIGATION A fire destroyed a Sandy Hill convenience store and its adjoining and adjacent residences, causing over \$1 million in damage.

There were no injuries, but "there was quite extensive damage to both buildings," said Ottawa fire Capt. Dan Dagg.

The fire caused \$950,000 in damage to structures at and around 322 Somerset St. East and \$150,000 to the contents, said Ottawa fire Chief Jim Corrigan.

The fire, which is believed to have started on a second-floor balcony, is under investigation.

TRACEY TONG/METRO OTTAWA

metronews.ca

What's online today.

Test, guide for lung diseases

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Living with a lung disease can be a constant cycle of emergency room visits and hospitalization.

With nearly 15 per cent of the population suffering from some degree of chronic obstructive pulmonary disease (COPD) or asthma, that can create a considerable strain on the health-care system.

To help those patients live more independently and to help ease the burden on the system, the Champlain Local Health Integration Network (LHIN) is promoting a breathing test and patient

"If we have these tools, we can do a much better job of diagnosing and monitoring the disease."

Dr. Robert Cushman

guide to help diagnose and manage the disease.

"The goal is to provide better care, everything from diagnosis to self-management, to availability of services in the community," said Champlain LHIN chief executive officer Dr. Robert Cushman.

Cushman encouraged using a spirometry lung test to help doctors better diagnose

asthma and COPD. The test involves patients breathing as hard as possible into a specialized mouthpiece that measures the severity of the airway obstruction.

"If we have these tools, we can do a much better job of diagnosing and monitoring the disease."

According to Dr. Shawn Aaron, the division head, Respiration Medicine at the Ottawa Hospital, 30 per cent of patients have been wrongly diagnosed with asthma.

To help lung disease patients, asthma patient Carmela Graziani wrote Breathing Easier — A guide for Asthma and COPD patients in the Champlain Region.

Tamil protest Second week



Caitlin Fitzgerald, 24, left, and Sayanthan Shanmugarajah, 31, arrived from Toronto yesterday to support hundreds of Tamil protesters just outside Parliament Hill for Day 9 of the protest. Shanmugarajah, originally from Sri Lanka, is hoping the Canadian government will intervene to help stop the war there.

Video Robert Dziekanski's mother marks her son's birthday by laying flowers at the Vancouver airport at metronews.ca/canada

Video Aboriginal leaders anticipate Pope Benedict XVI's acknowledgment of suffering at residential schools at metronews.ca/canada

Blogs Style columnist Kenya Hunt calls for an end to the UGG craze

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Province adds funds for animal shelter

TRACEY TONG
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On the heels of a federal announcement of \$1.8 million for the Ottawa Humane Society's new state-of-the-art shelter, the provincial government

announced yesterday that it was also chipping in.

The shelter here is getting \$500,000 as a part of a provincial decision to contribute \$5 million to humane societies across Ontario, said Minister of Municipal Affairs and Housing and Ottawa West-Nepean

MPP Jim Watson.

Although the formal announcement was yesterday, the province made the decision last year and the shelter has had the money for several months, said Watson.

"This funding will greatly assist us in relocating the

SunnySide

humane society to a new, more modern home and we deeply appreciate this funding to support our Breaking Ground campaign," said OHS executive director Bruce Roney.

"It's a good investment for a couple of reasons," Watson said.

"The level of affection the people in this city have for the humane society and for pets is incredible," he said.

"And, secondly, this is going to create jobs — during

a recession, the most important role of a government is to create an environment for businesses and organizations to grow and hire more people."

Following a walk-through of the shelter, Watson said it was very clear the humane society needed a new facility.

"There was all this yellow caution tape because the facility is crumbling," he said. "It's not in the greatest condition for animals, employees or volunteers."

The adoption areas are also congested, he said.

"This funding will help improve the lives of the animals the humane society cares for," Ottawa Centre MPP Yasir Naqvi said.

The new Hunt Club Road facility, which will measure around 40,000 square feet, has a price tag of \$12.5 million and will enable the shelter to better care for the 11,000 animals it handles per year.

The current facility measures 15,000 square feet.

Has Adoption Touched Your Life?

On June 1, 2009, Ontario adoption records will be opened.

visit www.ontario.ca/adoptioninfo

THIS IS AN IMPORTANT REMINDER that if you were involved in an adoption in Ontario, your information and privacy rights are changing.

Effective June 1, 2009, Ontario adoption records will be opened. This means adopted adults and birth parents will be given access to identifying information from birth records and adoption orders.

If the adoption order was made before September 1, 2008, adopted adults and birth parents can file a disclosure veto to prevent the release of the information.

If you want your identifying information kept private, **you should file a disclosure veto before June 1, 2009.**

No contact notices are also available.

To learn more about your rights to information and privacy regarding adoption, **visit www.ontario.ca/adoptioninfo or call 1-800-461-2156 (TTY 416-325-3408).**

Paid for by the Government of Ontario.



Cochrane Library goes online

HEALTH Canadians will now be able to view the full content of the Cochrane Library, which contains reviews on health treatments.

The online resource, announced at the University of Ottawa yesterday, is expected to help inform health consumers and providers and save practitioners time in researching the best patient treatment options.

METRO OTTAWA

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CSIS boss to quit

The head of Canada's spy agency will soon quit his job at a time when the force is preparing for both the Winter Olympics and a major international summit next year. **REUTERS**

5

Canada

Push for private care 'misleading': Groups

Coalition says only owners of centres benefit

Taking direct aim at Canada's top doctor who's the owner of a chain of private diagnostic centres, a coalition of pro-medicare groups says Canadians are being "misled" about the benefits of privatized care in hopes of lulling them into accepting for-profit services.

The coalition yesterday launched a national campaign to counter such efforts, charging that men like Canadian Medical Association president Robert Ouellet will be the only ones to benefit from privatization.

"Dr. Ouellet is presenting a false picture of health care in European countries that misleads Canadians about the threat to public health care posed by private for-profit services,"

"Dr. Ouellet is presenting a false picture of health care in European countries that misleads Canadians about the threat to public health care posed by private for-profit services."

Michael McBane, Canadian Health Coalition

vate for-profit services," Michael McBane, head of the Canadian Health Coalition, told a press conference in Moncton, N.B.

"It has to be said, this doctor is in a conflict of interest" by promoting a bigger role for private care while owning private clinics, McBane said in a phone interview after the press conference.

Since becoming CMA president last summer, Ouellet has promoted a

"European" style of health care mixing public and private delivery. Contacted yesterday, Ouellet said 60 per cent of surgeries in France, for instance, are done in private facilities but paid for by government.

"This is not just small surgeries, heart surgery is done this way," he said from Montreal.

"The public doesn't see the difference."

TORSTAR NEWS SERVICE

Calgary praised for green plan

ELECTRICITY Calgary has been named the nation's green electricity capital by a Canadian environmental magazine.

Green Living magazine listed Calgary among nine "Green Cities of Tomorrow" in its spring edition that hit newsstands yesterday, singling out the metropolis for its plans to run all city operations off wind power by 2012. The city's efforts to reduce the amount of trash going into landfills and water consumption were also lauded. Nearby Okotoks also earned a nod as the solar centre of Canada.

METRO CALGARY

Feds oppose Cuban entry in OAS group

POLITICS Canada said yesterday it opposes moves to let Cuba rejoin the Organization of American States (OAS) because of what it said was Cuba's lack of commitment to democracy and human rights.

Several Latin American countries including Brazil have said Cuba should be allowed to rejoin the 35-member OAS. It was kicked out in 1962 because the OAS judged Cuba's Communist system to be incompatible with the group's principles.

"Cuba's return or even-

Business ties

• Despite its position on Cuba rejoining the OAS, Canada has active diplomatic, travel and business ties with the Caribbean country.

tual return — if they're willing — will obviously depend on Cuba's will to address hemispheric norms of participation, including representative democracy and respect for human rights," Canadian spokesman Dimitri Soudas said.

REUTERS

Natives to discuss abuse with Pope

MEETING Canada's aboriginal community hopes Pope Benedict XVI will acknowledge the abuses inflicted on native children at residential schools run by the Catholic church, a top official said yesterday.

Phil Fontaine, leader of the Association of First Nations, is due to meet the Pope at the Vatican on April 29 to discuss the schools.

Canada formally apolo-

Church control

• Catholic churches ran around 75 per cent of the residential schools, which mainly operated from the 1870s to the 1970s.

gized last year for an assimilation policy that forced 150,000 native Indians into boarding schools far from home, where

their languages and cultural traditions were banned, and where many said they were sexually and physically abused.

"It is my fervent hope that this Papal audience will include a statement from Pope Benedict to all survivors of Indian residential schools," Fontaine told a news conference.

"This is a moral issue for many of us."

REUTERS

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A 13-year-old boy who police say was caught red-handed a block away was accused yesterday of robbing a bank in Peoria, Ill. The unidentified boy was charged with felony armed robbery in juvenile court, accused of threatening a teller with a gun and demanding cash. **REUTERS**

World



Human trials for horse fix

A stem-cell repair technique that has been used to fix hundreds of injured race horses is to be tested for the first time in people with damaged Achilles tendons, a British biotech firm said yesterday. Patients will receive injections containing millions of their own stem cells, which have been multiplied in a laboratory, in order to regenerate new tissue. **REUTERS**

Afghan women cheer, condemn family law

Afghan women staged rival demonstrations yesterday for and against a new family law, which opponents denounce as a step back towards the oppressiveness of the Taliban era but supporters say defends Islamic justice.

Separated by human chains of female police, and watched by wary riot control officers, the two groups lined up outside a

new Kabul Shi'ite mosque. A group of angry male supporters also gathered on the steps of the mosque, occasionally surging towards the women and throwing small stones at the law's opponents.

Women who opposed the law handed out a declaration calling the legislation an insult to their dignity. They were outnumbered by its supporters,

though, as more than 100 women shouted "God is Great."

The legislation, which applies to the Shi'ite minority that makes up about 10 per cent of Afghanistan's population, has drawn widespread condemnation from Western countries, many of whom have troops fighting to support Afghanistan's government. **REUTERS**

French detain 11 pirates while U.S. calls for 'justice'

PARIS The French navy detained 11 Somali pirates trying to seize a Liberian-flagged merchant ship, and Washington said yesterday it would send an envoy to a conference on Somalia next week to boost

the anti-piracy fight.

U.S. Secretary of State Hillary Clinton told reporters that the pirates are "armed gangs on the sea" and that they "must be brought to justice."

The French frigate

Nivose captured a pirate gang's mother ship, which was carrying two small assault boats, about 560 miles east of the Kenyan port of Mombasa on Tuesday, the French Defence Ministry said. **REUTERS**

Denver Not their cup of tea



People wave signs at a protest on the Colorado state capitol grounds yesterday. Protests were held in many U.S. cities inspired by the 1773 Boston Tea Party rebellion against British colonial taxes, which helped spark the American revolution. **REUTERS**

Prosperity can't be at expense of freedoms: Russian leader

RUSSIA President Dmitry Medvedev used an interview with a Russian opposition newspaper published yesterday to chide the trade-off between prosperity and freedom

which critics say was the hallmark of Vladimir Putin's rule. Medvedev rejected the idea that

Russians were happy to give up rights for prosperity, a dominant view in Moscow during the boom years under Putin.

"Stability and a prosperous life cannot in any way be set off against a set of political rights and freedoms," Medvedev said. **REUTERS**

News in brief

THAILAND Ousted prime minister Thaksin Shinawatra yesterday urged King Bhumibol Adulyadej, seen by many Thais as semi-divine, to help end the political chaos that has erupted into violent protests.

IRAN President Mahmoud Ahmadinejad said yesterday Iran had ready proposals to end a standoff with six world powers as the U.S. insisted it still demanded Tehran suspend uranium work. **REUTERS**

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Britain remembers Hillsborough tragedy

Britain marked the 20th anniversary of the Hillsborough tragedy in which 96 soccer fans died with a memorial service at Liverpool's Anfield stadium yesterday. More than 20,000 fans sang the anthem "You'll Never Walk Alone" and candles were lit for the victims. **REUTERS**

Dubai **Camel cloning**

The world's first cloned camel, front, is seen at the Camel Reproduction Centre yesterday. The female, born last week, was created from cells harvested from the ovary of an adult she-camel that were grown before being frozen.

KHAIRAT ROUSEF/REUTERS

Ireland to limit immigration

Ireland will tighten immigration rules for professions ranging from midwives to fund managers in a bid to shield local jobs in a deepening recession, Deputy Prime Minister Mary Coughlan said yesterday.

Coughlan acknowledged immigrants played a key role in Ireland's "Celtic Tiger" boom, but she said rules governing work per-

mits and green cards had to be tightened after a dramatic deterioration in the labour market in recent months.

"It is essential that we now take steps to ensure that every possible effort is made by employers to find a suitably skilled employee from within the existing labour market," said Coughlan, who is also minister for trade and employment.

No work needed

Ireland last year issued 13,694 work permits, 42 per cent less than in 2007. Only 2,087 were issued in the first quarter of this year as demand from employers fell.

Starting from June, Ireland will not grant any new work permits for domestic workers and

truck drivers or for anyone earning less than 30,000 euros (\$47,600) a year and it will also tighten rules for renewals and workers' spouses, it said.

The measures apply to those from outside the European Economic Area, which includes the 27 members of the European Union plus Norway, Iceland and Liechtenstein.

REUTERS

New U.S. troops in Kabul make strides

AFGHANISTAN An influx of new U.S. troops near Kabul this year is helping to reclaim the Afghan capital's outskirts from the Taliban, but violence would increase in the short-term, the U.S. commander in the area said.

The U.S. has rushed about 3,000 troops to Logar and Maidan Wardak provinces to defend the capital's southern and western borders this year, the first phase of a planned increase that will almost double the U.S. presence in the country.

For years the areas near Kabul were quiet, with little presence of either U.S. troops or their foes.

But Taliban fighters moved into the two provinces last year, bringing the Islamist militants to the capital's edges in substantial numbers for the first time since they were driven from Kabul in 2001.

Col. David Haight, commander of the new brigade of U.S. troops in

Change of plan

- In January, outgoing President George W. Bush sent 3,500 troops to Afghanistan. Since then, new President Barack Obama has promised 21,000 more as Washington switches its focus from Iraq to Afghanistan.

the two provinces, said his force's arrival since January had begun to turn the tide.

"I'm not ready to stick my sabre into the ground and declare victory here yet on the security situation, but things are improving," he said.

"We were 300 soldiers here before ... but they weren't able to project combat power out very much.

"With a magnitude of 10, we're now able to spread through the battle space and dominate the battle space," he said.

REUTERS

News in brief

JERUSALEM Israel does not plan to co-operate with a UN agency's investigation into alleged war crimes by Israeli troops and Hamas militants during fighting in Gaza, an Israeli government official said yesterday. The United Nations Human Rights Council appointed former UN war crimes prosecutor Richard Goldstone this month to head the investigation into allegations of human rights violations by both sides during the Dec. 27 to Jan. 18 conflict.

CANCER A new imaging technique that uses tiny, dye-containing particles to "fingerprint" proteins within a single cell may lead to better ways to diagnose and treat cancer, according to U.S. researchers. If the technique succeeds on a larger scale, it could improve the ability not only to diagnose cancers, but to determine how aggressive a tumor is and how likely it is to respond to therapy.

REUTERS

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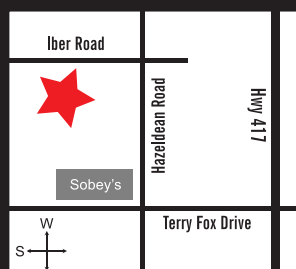
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Comment & Views

Comment

Marketing spray-on trust

Relating

Steve Collins

metronews.ca/collins

On the web
For more views on relating, go to Love Bytes at metronews.ca/blogs



As scientists continue to scrutinize human relationships at the molecular level, marketers do the same thing they've always done with each new discovery.

Example: The hormone oxytocin, which is believed to contribute to human bonding and feelings of trust. Women produce it during breastfeeding and orgasm.

In a recent University of Bristol study, test subjects were dosed with either an oxytocin nasal spray or a placebo, then shown a series of photographs of people and asked to rate the faces.

"We found that oxytocin administration increased ratings of trustworthiness

and attractiveness of male and female targets in raters of both sexes relative to control ratings, suggesting that higher levels of this neuropeptide may enhance affiliative behaviour towards unfamiliar others," the authors wrote, possibly in a state of profound excitement. It's hard to tell.

The profit-minded read stuff like this and register only two words: Love potion! Indeed, there is already a spray on the market purporting to harness the power of oxytocin, Vero Labs' Liquid Trust. It sells for \$50 a bottle, enough to render you irresistible for two months.

They're so confident it works they offer a 60-day, money-back guarantee. Trust us, they say. And, once hopped up on oxytocin, how could you not?

The good people at Vero

don't judge. Whether you're using their magic trust juice to boost your love life or your monthly sales, they know that in today's go-go world there's no time for the tedious process of actually earning trust. Just spray and go.

Putative aphrodisiacs have a long and undistinguished history, and hucksters have been working on pheromonal versions for years. While it could be argued that such biological social warfare is no more manipulative than cologne or teeth-whitening strips, spiking a potential mate's brain chemistry seems a little more insidious.

Ethical considerations

aside, one would think that the wearer would be as susceptible to the spell of oxytocin as anyone else, walking around in a blissed-out cloud of indiscriminate attraction.

One could purposely dose oneself with Liquid Trust in order to fall for the person you think you should, even if your instincts seem to militate against the hook-up. Eliminate the drudgery of arranged marriages with our fast-acting spray!

Those already in rocky relationships could perhaps save themselves the trouble of either working on their problems or splitting up with a well-placed spritz of this chemical bonding agent.

But what would happen if everyone used it, flooding the neurochemical market with ersatz love? Would we still recognize the real thing? Would the real thing still exist?

Did it ever?

Steve Collins offers his best guesses on relationships for Metro every two weeks.



Metro Online Poll Results

14% SAID YES

Should public funds pay for gender reassignment surgery?

Weigh in on today's question at metronews.ca

86% SAID NO

Views

Learn to save your money or learn to like eating dog food

InBusiness

Charles Davies



It would be nice to believe economists who say this recession is fundamentally changing Canadians, making them spend less and save more. After all, there's

been a recent decline in credit card use and a rise in the personal savings rate. In the fourth quarter of 2008, people were saving 4.7 per cent of their disposable income on average, the highest level since 1995. Profligate grasshoppers appear to be turning into thrifty ants.

Don't believe it.

Once happy days are here again, Canadians are more than likely to resume

their extravagant ways. The reckoning may be put off until a wave of baby boomers retires to the horror of lingering indebtedness.

Sure, credit card use is slipping right now, but it isn't just because card holders have been scared into temporarily spending less. Credit card issuers, primarily the big banks, are restraining market growth because they fear

that delinquencies will mean surging losses on their credit card portfolios. Losses on Canadian credit cards rose above three per cent of average balances during the third quarter of 2008 (the seventh straight quarterly rise) and it's a fair assumption that things are worse now.

But once the recovery takes hold, banks and other issuers will aggressively market cards again be-

cause they're so lucrative. As of this January, the outstanding credit card balances of Canadian banks totalled \$52 billion, more than five times greater than a decade ago.

Expect compulsive spending disorder to recur, weakening our already recessive savings gene. The recent blip in the personal savings rate cannot mask the fact that it has been falling steadily since the

1980s. Canadians have ample reason to save. Public pensions are modest and company pensions hardly provide adequate retirement income.

Either they develop some serious savings discipline, or acquire a taste for Alpo.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaleaders@metronews.ca
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CTV NEWS
Weeknights 6:00

OTTAWA'S NEWS LEADER

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CAW plans to restart Chrysler talks

The Canadian Auto Workers union said yesterday it plans to be back at the bargaining table with Chrysler Monday to resume talks that have been stalled since the beginning of April. **REUTERS**

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Business

DOLLAR		OIL		TSX	
	C\$	83.11¢ US		\$49.25 US	
	0.74¢	US\$ \$1.2032		16¢	
					9,246.11
					14.49

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Brazil Forum on Latin America



The World Bank's vice-president for Latin America, Pamela Cox, speaks during the World Economic Forum on Latin America in Rio de Janeiro, Brazil, yesterday. The forum opened yesterday to welcome more than 500 leaders from more than 35 countries, representing business, government, academia, civil society and media, to discuss the implications of the economic crisis.

Conquest halts operations

Travel company cites difficult market, credit card processors

The country's beleaguered travel industry has suffered yet another casualty after Conquest Vacations suddenly shuttered its operations yesterday, citing difficult market conditions and "unreasonable demands" by its credit card processing companies.

Conquest surprised ana-

Customer claims and refunds

Conquest has directed customers seeking claims or refunds to contact their travel agents. If they booked direct-

ly through Conquest, they were instructed to email the company or contact their credit card providers.

lysts and angered affected travellers by revealing on its website yesterday morning

that it had ceased operations "effective immediately" after 37 years of selling

holiday sun packages to Canadians.

Conquest, which at one time said it was carrying more than one million passengers per year, blamed overcapacity in the market, a price war among tour operators and "unreasonable demands" by credit card processing companies.

TORSTAR NEWS SERVICE

Canadian home resale prices fall, but sales rise

HOUSING Resale house prices in Canada fell 7.7 per cent in March from a year earlier, but sales rose from February, the Canadian Real Estate Association said yesterday.

The average home price in Canada was \$288,641 in March, down from \$312,852 a year earlier, CREA said.

Prices were lower in 16 of 25 major markets that the association measures. The average national price "continues to be skewed downward" because of fewer transactions at the

B.C. leads sales

British Columbia posted the largest increase in home sales, up 13.6 per cent, and Ontario followed with a 10.5 per cent rise.

higher end of the spectrum, CREA said.

Nationally, 31,135 homes were sold in March, up seven per cent from February on a seasonally adjusted basis and building on February's 10.3 per cent rise from January. **REUTERS**

Business in brief

CONTROVERSY Fast food giant Burger King has apologized for an advertisement featuring a squat Mexican draped in his country's flag next to a tall American cowboy and said it would change the campaign. Mexico's ambassador to Spain said the ad inappropriately displayed the Mexican flag.

WIRELESS Cellphone makers are expected to report buoyant sales of lower-priced, feature-packed smartphones as consumers go for "cheap chic" amid the recession. Nokia is set to report strong sales of its cheap touch-screen 5800 smartphone today with its quarterly results. **REUTERS**

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The Ottawa Senators signed forward Ryan Shannon to a one-year contract yesterday. **METRO NEWS SERVICES**

Sports

EDITOR: JOHN.CHICK@METRONews.ca

Oilers dump MacTavish

NHL The Edmonton Oilers fired head coach Craig MacTavish just three days after the end of another disappointing season. The Oilers finished the 2008-09 campaign with a mark of 38-35-9, which was good for just 11th in the Western Conference. It marked the third straight season that the team missed the playoffs.

Since taking over behind the bench as the eighth coach in team history at the start of the 2000-01 season, he amassed a record of 301-252-103 and a 19-17 mark in the playoffs.

He ranked second among Edmonton coaches in games coached, wins, losses, ties/overtime losses and winning percentage.



Craig MacTavish

METRO NEWS SERVICES

NBA That's a Rap



Toronto Raptors forward Chris Bosh goes up for a rebound against Chicago Bulls forward Joakim Noah last night in Chicago. The Raptors won 109-98 to close out their season.

Late goal gives Rangers upset

STANLEY CUP 2009 Playoffs

Brandon Dubinsky scored the go-ahead goal with a little more than eight minutes left in the third period and the New York Rangers held on to edge the Washington Capitals, 4-3, in Game 1 of their Eastern Conference quarter-final series at the Verizon Center.

Scott Gomez registered a goal and two assists, while Nik Antropov and Markus Naslund each had a goal and a helper for the seventh-seeded Rangers, who finished the regular season in fourth place in the Atlantic Division with a 43-30-9 mark.

Henrik Lundqvist was solid between the pipes, turning aside 32-of-35 shots for New York,

which was playing without captain Chris Drury, who is suffering from an undisclosed injury.

Tomas Fleischmann, Viktor Kozlov and Alexander Semin each tallied for Washington, which came into the postseason as the second seed after claiming the Southeast Division with a 50-24-8 record.

Jose Theodore was shaky in net for the Capitals, stopping only 17-of-21 shots in defeat. Alex Ovechkin and Mike Green chipped in with two assists apiece for Washington.

Penguins 4, Flyers 1
Marc-Andre Fleury stopped 26-of-27 shots, as the Pittsburgh Penguins topped the Philadelphia Flyers, 4-1, in Game 1 of their quarter-final series at Mellon Arena.

Evgeni Malkin and Sidney Crosby each posted a goal and one assist for the Penguins, who have won five of the last six playoff meetings against the



New York Rangers players celebrate their game-winning goal against the Washington Capitals last night.

Flyers dating back to last season.

Devils 4, Hurricanes 1
Zach Parise and Jamie Langenbrunner had a goal and an assist each, as New Jersey logged a 4-1 victory against Carolina.

Patrik Elias and Mike Mottau also scored, while Martin Brodeur notched his 96th career playoff win, second all-time to Patrick Roy, who has 151.

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Ronaldo delivers for Manchester United

UEFA Cristiano Ronaldo's brilliant early goal sent holders Manchester United through to the Champions League semi-finals with a disciplined 1-0 win over Porto yesterday.

Ronaldo smashed in an unstoppable 40-yard shot after six minutes and United hung on to become the

first English team to win in Porto, their 3-2 aggregate victory setting up a last-four clash with Premier League rivals Arsenal.

"It was an unbelievable strike, fantastic, a magnificent hit," United manager Alex Ferguson said in a televised interview.

REUTERS

SCOREBOARD

NHL

STANLEY CUP PLAYOFFS

YESTERDAY'S RESULTS

N.Y. Rangers 4 Washington 3
Pittsburgh 4 Philadelphia 1
New Jersey 4 Carolina 1
St. Louis at Vancouver
Montreal at Boston
Columbus at Detroit
Calgary at Chicago
Anaheim at San Jose
Carolina at New Jersey
Philadelphia at Pittsburgh
St. Louis at Vancouver

NBA

YESTERDAY'S RESULTS

Toronto 109 Chicago 98
Boston 115 Washington 107
Dallas 95 Houston 84
Indiana 115 Milwaukee 108
Memphis 98 Atlanta 90
Miami 102 Detroit 96 (OT)
New York 102 New Jersey 73
Orlando 98 Charlotte 73
Philadelphia 111 Cleveland 110 (OT)
Sacramento 97 Minnesota 90
San Antonio 105 New Orleans 98 (OT)
Denver at Portland
Golden State at Phoenix
Oklahoma City at L.A. Clippers
END REGULAR SEASON

MLB

YESTERDAY'S RESULTS

Boston 8 Oakland 3
Cleveland 5 Kansas City 4
Detroit 9 Chicago White Sox 0
N.Y. Yankees 4 Tampa Bay 3
Baltimore at Texas
Toronto at Minnesota
L.A. Angels at Seattle
Colorado 5 Chicago Cubs 2
Houston 4 Pittsburgh 1
Florida 10 Atlanta 4
Milwaukee 9 Cincinnati 3
N.Y. Mets 7 San Diego 2
St. Louis 12 Arizona 7
Philadelphia at Washington
San Francisco at L.A. Dodgers



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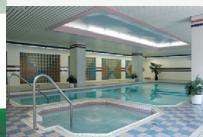
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11

Tech Now

Lean tech times

The Ottawa region tech sector shed another 14,000 jobs in March. The total employment in the sector is now at its lowest level in nearly two years.

STATISTICS CANADA

Tough times for Ottawa's tech sector

TechNow

Paul
Brent

metronews.ca/technow

The March decline in jobs continues a trend that has gone on for several months, yet overall tech still fares better than most sectors. The latest to point that out is the Branham 300, an annual listing of the top tech firms in Canada.

The companies are ranked by gross revenue and the list, now in its 16th year, is put together by Ottawa-based Branham

Group. CEO and founder Wayne Gudbranson says total revenues to the end of December 2008 were up 18 per cent from a year ago — not too bad for a sector many are convinced is dying. Since then, we've had a steady diet of layoffs plus the headline-grabbing bankruptcy protection process of Nortel.

The numbers also show Ottawa was the only major Canadian tech centre to see a drop in revenues last year — a 19 per cent drop due almost entirely to Cognos being bought up by IBM. If Cognos had not been purchased, Ottawa's growth last year would have been over 25 per cent, one of the best in Canada behind Waterloo. Now this week, there's word of Entrust of Ottawa

being sold. Waterloo is outpacing the nation with 119 per cent revenue growth, thanks to the presence of RIM and Open Text. Halifax and Calgary are the next hot spots with revenue growth of 26 and 24 per cent respectively.

How does Ottawa shape up for the future? Gud-

Don't despair: Ottawa's tech sector employees may have been affected by recent layoffs, but experts say the industry will soon rebound.

"We've had a steady diet of layoffs plus the bankruptcy of Nortel."

branson says its "clearly good news with 16 per cent of the up-and-comers category and 20 per cent of the 'Next 50' based in Ottawa." That includes firms like In-Touch, Non-Linear Creations, Enablence, DNA 13, BioNiq, Versature, and Devshop. There is still a heavy reliance on telecom and software here but also the realization that Ottawa must further diversify its tech base if it hopes to come out of the economic slump ready to expand.

What's the latest on the decline? Almost 13 per

cent of global business leaders questioned three weeks ago said the economy was recovering, almost double the number from February. The Korn-Ferry Institute notes its survey also shows 67 per cent of the execs said the global economy is in a severe recession.

Website of the week: vancouver2010.com, the official site of the Winter Olympics in Vancouver — the event is now just 10 months away.

This Sunday one of the stories on Tech Now will be a look at choosing the sex of your unborn baby.

Be sure to watch Tech Now this Sunday as part of the CTV NEWS at 6 p.m.; technow@ctv.ca.



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OTTAWA'S NEWS LEADER

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Catch the winning teams of the regional improv tournaments compete this weekend at The Canadian Improv Games, which run until April 18 at the National Arts Centre, 53 Elgin St. **METRO NEWS SERVICES**

Scene & Heard

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

On the playbill

From music to theatre, there's something for everyone

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The spring festival season is approaching.

After a two-month break from Winterlude, another summer of jam-packed weekends is less than two weeks away.

The Ottawa International Writers Festival kicks off on April 22 at Saint Brigid's Centre for the Arts and Humanities on St. Patrick Street.

Highlights of the culturally and politically charged festival included federal Liberal Leader Michael Ignatieff talking about True Patriot Love, while authors Bob Plamondon and Garth Turner debate how conservative Canadians are.

April 22 is also when Bluesfest, arguably the city's biggest music festival, announces the lineup for 2009. As usual, music fans can expect big names to take the stage in LeBreton Flats.

Before Bluesfest, the Canadian Tulip Festival brings its unique blend of performances and the Celebradee speaking series to Major's Hill Park and other locations along the Rideau Canal. An eclectic mix of performers like the Nanjing Acrobatic Troupe from China, comedian



Elton John, left, and Billy Joel are set to perform together at Scotiabank Place on June 1.

Rick Mercer, and literary giant Margaret Atwood headline the 18-day tulip tribute.

The Canadian Tulip Festival will barely have cleared out before tens of thousands of people stampede down Colonel By

and Queen Elizabeth Drives for the 35th running of the Ottawa Race Weekend on the weekend of May 22.

Younger audiences and their families will finally get their fill of theatre, dance, arts and music at the Ottawa International Children's Festival taking over LeBreton Flats on May 27.

Of course, not all the good stuff is outside this spring.

Italian operatic pop vocal group Il Divo will be hit-

ting Scotiabank Place on May 2 and Elton John and Billy Joel are playing to thousands of fans on June 1, while hard rockers Disturbed play the night after that.

In terms of stage productions, The Odyssey Theatre's A Guy Named Joe opened last night. The comedy about a naïve but well-meaning Joe, who falls in with a group of scoundrels, runs until May 2.

The Great Canadian Theatre Company also recently started its last production of the season.

The Net, by Marcel-Romain Thériault, about family and social tensions along the Acadian shore, closes the season on May 3.

Two days after that show, the Ottawa Little



Join the race

The Ottawa Dragon Boat Race Festival runs June 19-21 at Mooney's Bay Park, off Riverside Drive. The festival will also feature a children's activity area and many performances. **METRO NEWS SERVICES**



Major's Hill Park will host some Canadian Tulip Festival events, which includes an appearance by Margaret Atwood, below.



Thousands of people are expected to participate in the Ottawa Race Weekend in May.



Theatre will open Snake in the Grass, by Alan Ayckbourn, a thriller about two long-separated sisters who gather after their father's death, but their relationship is threatened by a secret that the family nurse is all too willing to tell.



The Nanjing Acrobatic Troupe from China will be in Ottawa for the Canadian Tulip Festival.

CHINA PHOTOS/GETTY IMAGES

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Scene&Heard

theatre

ALL CHANGED An exciting and dramatic Second World War story, inspired by true events before the Canadian Army liberated the Netherlands from the Nazi occupation. Runs May 6-23. At the The Gladstone Theatre, 910 Gladstone Ave.

THE ECSTASY OF RITA JOE

To mark the 40th anniversary of the National Arts Centre, The NAC English Theatre is restaging George Ryga's *The Ecstasy of Rita Joe*. Widely considered the first distinctively English-Canadian play, Rita Joe focused a spotlight on a Canadian issue and on Canadian people. Runs

May 1-16 at the National Arts Centre, 53 Elgin St.

SNAKE IN THE GRASS In the garden where they played as children, two long-separated sisters gather after their father's death, but their relationship is threatened by a secret that the family nurse is all too willing to tell. An eerie thriller by Alan Ayckbourn. Runs May 5-23. At the Ottawa Little Theatre, 400 King Edward Ave.

THE NET In the Maritimes, the entire fishing industry is in decline and a society is on the brink. Family tensions echo the social tensions that thrive along the Acadian shore in this gripping new play. To May 3. At the Great Canadian Theatre Company, 1227 Wellington St. W.



Diana Krall will be at the National Arts Centre from May 2-3.

concerts

DIANA KRALL The singer embraces not only traditional jazz favourites such as George Gershwin's timeless *They Can't Take That Away from Me*, and Cole Porter's *I've Got You Under My Skin*, but also reinterprets more contemporary classics such as Joni Mitchell's *A Case of You*, and Billy Joel's *Just the Way You Are*. May 2-3 at the National Arts Centre, 53 Elgin St.

JOHN FOGERTY This singer achieved fame as the lead singer/songwriter and guitarist in Creedence Clearwater Revival and has since gone on to a chart-topping solo career. Fogerty's fervent vocals and modernized rockabilly songs built on his classic guitar riffs made Creedence Clearwater Revival the preeminent American singles band of the late '60s and early '70s. May 25 at 8 p.m. at Scotiabank Place.

DISTURBED Nearly a decade after the release of their groundbreaking debut, *The Sickness*, Disturbed have become one of the most passionate and well-respected bands in the hard-rock universe, a dependable source not only of pummeling riffs and jackhammer beats, but of personal and political insights into our troubled times. At Scotiabank Place on June 2 at 7:30 p.m.

festivals

SHEEP SHEARING FESTIVAL It's time for our sheep to be shorn. Highlights of this Canada Agricultural Museum event include shearing demonstrations, border collie dogs at work, spin-



The Sheep Shearing Festival takes place at the Canada Agricultural Museum from May 16-18, while John Fogerty, right, of Creedence Clearwater Revival fame, performs at Scotiabank Place on May 25.



ning and weaving, felt-making, alpacas on display, and much more. Runs May 16-18. At the Central Experimental Farm, on Prince of Wales Drive.

CANADIAN TULIP FESTIVAL This annual world-famous festival features three million tulips in the Ottawa/Gatineau region, sites along a 15-km Tulip Route, family entertainment, the International Pavilion and Celebridée, a celebration of ideas. Events focused in Major's Hill Park. Runs May 1-18.

MAGNETIC NORTH THEATRE FESTIVAL Canada's national festival of contemporary Canadian theatre in English. Runs June 3-13 at the National Arts Centre, 53 Elgin St.

CARNIVAL OF CULTURES This annual, open-air festival presents international performing arts to diverse audiences in Ottawa. Runs June 12-14, at Astrolabe Theatre at Nepean Point.

WESTfest Westboro Village's festival of music, art and life. This year the best in Canadian and local Ottawa multidiscipline arts, including music, performance art, literature, spoken word, media art, visual art, dance, theatre and live animation. Prairie Oyster headlines the June 13 concert. All events are free. Runs June 12-14 at Richmond Road. **METRO NEWS SERVICES**

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STAGE VI THE EXIT



Seen here is the Weber Smokey Mountain Cooker Smoker. With a built in thermometer, a porcelain-enamelled water pan and a no rust aluminum door, it's perfect for smoking enthusiasts. See Weber.com. METRO NEWS SERVICES

Metro Homes

It's barbecue time!

Weber recently unveiled its latest product line for barbecue enthusiasts. Whether its smokers, gas grills or charcoal grills, their latest line will appeal to grillers of all types. Check out the Weber Spirit E-210 gas grill, left. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Getting by without your fridge

EARTH DAY: APRIL 22

Go
Green

Andrea Peloso unplugged her fridge two years ago, turning it into a storage cupboard instead.

The 31-year-old Toronto college professor, yoga teacher and committed environmentalist has always done her best to take care of Mother Earth.

"I have never bought a car, I bike and use transit. I teach 22 yoga classes all over the city and can use public transit five times a day. I don't have a television. I live in a small apartment."

One day, she looked around her and thought, "What about the refrigerator?"

She's not the only one. Around the world, environmentalists are asking

No fridge not for everyone

• Andrea Peloso, who is single, is not suggesting living without a fridge for everyone. Friends with children, she of-

fers, say it would be impossible to feed a gang every day this way.

TORSTAR NEWS SERVICES

the question: Do I really need a honking big refrigerator eating up energy and increasing my carbon footprint?

Ditching the fridge has become the latest badge of honour for those who think green.

Just Google "living without a refrigerator" to see dozens of websites and blogs detailing people's adventures, including a sailor who lives on his boat and eats food from tins, and a "greenpa" who claims to live in a cabin in the forest and who has been without a fridge for 30 years.

One young woman post-

ed a picture of herself in front of her open, unused fridge — she was afraid to call the landlord to repair it because she had an illegal cat in her apartment. She survived a year without a fridge by keeping her pop on the windowsill, only buying food for one day — and eating out a lot.

One blogger details his fruitless search for a cheese that can withstand the heat. Others fess up: They became vegetarians in order to overcome the difficulty of keeping meat and dairy items safe to eat.

As anyone who has undergone a kitchen renovation can attest, you can op-

erate a household a long time with only a camping cooler and bags of ice.

Although Peloso has turned her fridge into cupboards for her pickled and canned goods, she does use ice (and sometimes snow) in the freezer part of her fridge, which is where she puts beer for her guests and where she also keeps foods that need to be kept cold.

For Peloso, this is actually her second stab at living without a fridge. The first time was when she lived in Paris 10 years ago as a university student studying philosophy.

"We had one fridge for 300 people and no one wanted to put their food in it because other people would eat it. In Paris, the markets were everywhere; we'd buy meat and cheese every day. We'd put things in the window to stay cool." TORSTAR NEWS SERVICES



"All I really use is my stove. Maybe that's my next step," says Andrea Peloso who has cut her electricity bill to less than \$20 a month.

Urban farmers learning to grow their own

EMMA E FORREST
Metro World News

As food prices rocket and household budgets are cut, people are looking to grow their own, not just in the countryside, but in town too.

Urban farmers are sprouting as readily as weeds in our cities, making use of every patch of

green space.

According to the British Royal Horticultural Society, sales of fruit and vegetable seeds in the U.K. have jumped by 28 per cent in the last year, and Guy Barter, Head of the RHS Horticultural Advisory Service says that the majority of inquiries have been from those with less than 10m squared to cultivate.

"People hope to save money, but they also hope to get fresher, tastier produce, show their children where food comes from, and be more involved with the food they eat," explains Barter.

At the U.S. seed company,

Burpee, sales of vegetable seeds have increased by 30 per cent in the last year, with gardeners favouring green beans, tomatoes, lettuce, peppers, carrots, cucumbers and squash.

Growing your own is economical: Burpee estimates that a \$3 bag of tomato

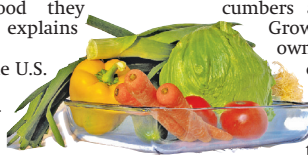
seeds will produce an average of up to \$1,000-worth of store-bought tomatoes.

Cultivating your own fruit and vegetables is also good for the environment as it's organic (unless you choose to use pesticides), it reduces food transport miles and the more varieties of plants in town, the better it is for essential local wildlife — including bees.

Top 5 plants

For small spaces

- Tomatoes: Very pleasant to grow.
- Herbs: Very little goes a long way to changing the flavour of your food.
- Salad: Chinese leaves, lettuce and so on require little skill, they're a good way of getting started.
- French beans: They're easy to grow and attractive.
- Beetroot: Easy to grow and cope well in a container.



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Thermos offering insulated shopping bags

Every week in Canada, 55 million shopping bags are taken home from grocery stores. Use reusable bags available at grocery stores or try the Thermos insulated shopping bag. The bags are leak-proof and insulated so contents will stay fresh and safe from spoilage for hours — even in a car trunk. **METRO NEWS SERVICES**

**15**

Food

According to a 2008 study by Statistics Canada, three in 10 Canadian households consumed bottled water in 2006.

METRO NEWS SERVICES

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Thermos hydration bottles are 100 per cent BPA-free and Thermos travel mugs or tumblers will save coffee cups from the dumpster.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Canadiana in a pastry cup

À la carte

Barb Holland

metronews.ca/alacarte



As we celebrate Earth Day next week, our thoughts turn to the upcoming growing season as many are itching to get out and prepare our gardens for planting. There is a "growing" interest in planting, harvesting and enjoying our own vegetables.

Beyond our own gardens, Farmer's Markets will be soon be opening, generally on Victoria Day



Butter tart recipes are an oft-debated recipe. What type of sugar? Corn syrup? A splash of vinegar or lemon? Nuts, raisins or neither? There are likely as many butter tart recipes as cooks.

weekend across the country, just as the first of the early greens, rhubarb and asparagus make an appearance.

So too is there an interest in the slow food movement. Slow Food is a non-profit, eco-gastronomic member-supported organi-

zation that was founded in 1986 to counteract fast food and the disconnect many people have between farm and fork. It encourages shopping local, supporting the community, reducing carbon footprint and making connections from farm to table.

EARTH DAY: APRIL 22**Go Green**

Always making those connections is culinary activist Anita Stewart. Her latest book, Anita Stewart's Canada (HarperCollins Canada) celebrates Canada from coast to coast through food, recipes and stories. And one of the most celebrated foods in Canada has to be butter tarts.

Peggy Morris's Amazing Butter Tarts

From Anita Stewart's Canada, Peggy Morris and her husband Edmund farmed northwest of Elora

in Peel Township, Ont. Anita enjoyed Peggy's butter tarts many times over the years and asked for her recipe. Makes 18 tarts.

INGREDIENTS:

- 1 cup (250 mL) raisins
- 2 eggs
- 1/3 cup (75 mL) corn syrup
- 1 cup (250 mL) packed brown sugar
- 3 tbsp (45 mL) melted butter
- 1/2 cup (125 mL) chopped walnuts
- 18 Sweet Tart Pastry shells (recipe online at metronews.ca/alacarte)

METHOD:

In a small bowl, cover raisins with boiling water.

Let soak for 20 minutes. Drain and set aside.

In a small mixing bowl, whisk together eggs, corn syrup, brown sugar, butter and nuts. Stir in raisins. Pour evenly into prepared tart shells. Bake in preheated 450°F (220°C) oven 5 minutes.

Reduce heat to 350°F (180°C) and open door slightly for 15 to 20 seconds to bring temperature down rapidly. Bake for 15 minutes or until bubbling and deep golden brown. Let cool for 10 to 15 minutes before removing from the pan.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

On the web**Canadian Living recipe of the month:**

- For a recipe for Baked Sausage-Stuffed Shells, visit metronews.ca/food
- For more great recipes from Canadian Living, visit canadianliving.com

**Liquid Assets**

Peter Rockwell

metronews.ca/liquidassets

Battle of the Bobs

I'd hoped that after Sideways hit theatres in 2004 (with its blend of grapes, grapes and full frontal male nudity) we'd see

more flicks about wine. No such luck. There was nary a glass on screen until last year's release of Bottle Shock.

Now out on DVD it's the feel-good tale of a mid-'70s tasting that pitted the best chardonnay and cabernet sauvignon from France against their perceived equivalents from California's Napa Valley. It ends (spoiler alert!) with the American's kicking the cork out of the French.

What makes it even more fun to watch at home is that

you can taste along with the movie's theme of New World vs. Old World (and not break the bank) by focusing on the grapes rather than the specific (and very expensive) wines competing in the film.

Try this red option. Screen it while you have a bottle of the Bobs: California's Robert Mondavi's 2006 Private Selection Cabernet Sauvignon (\$18.95 - \$19.99) against France's Robert Giraud's 2006 Château Timberlay (\$15.75 -

\$19.20) merlot and cabernet blend.

Both are all about ripe fruit, broad flavours, balanced tannins and a love for grilled meats. Play the disc, taste them side by side and see which turns your corkscrew. Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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It's hard to go wrong with this former best-kept secret in Ottawa. This now popular nook offers what is considered by many as the best burger in Ottawa, completed with fries and salad for as little as \$10. With a quaint atmosphere, free jukebox, and Sunday jazz, Chez Lucien is sure to please.

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British pop singer and television star Cheryl Cole was crowned the world's best dressed woman by Glamour magazine, beating last year's winner Kate Moss into second place. Also in the top five was U.S. actress Blake Lively. REUTERS

Style



Tote your Earth Day message

Wear your environmental message on your shoulder with one of Old Navy's new cool and colourful reusable totes. Choose from a variety of fun slogans like "I love boys who recycle," "Hug a tree," and "Conserve your earth." The totes are \$14.50 each. Also in support of Earth Day (April 22), the popular clothing retailer will offer "green" boxers, organic cotton baby suits and trendy tees, all under \$20. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Eco-accessorizing

Head to toe details that won't harm the planet

JANINE FALCON
for Metro Canada



Get a little greener with jewelry, bags, shoes and more made with found, vintage, recycled, renewable, natural and organic materials.

- Traditional Ethylene Vinyl Acetate (EVA) running-shoe midsoles can take up to 1,000 years to break down. The Brooks BioMoGo midsole will biodegrade within 20 years of entering a landfill. In 20 years, it'll equal a landfill reduction of 29.9 million pounds of waste, or 1,277 football fields blanketed in a one-shoe-deep carpet of runners. Shop: Brooks Women's Glycerin runner with BioMoGo, \$159.99, brooksrunning.ca.

- Naturally breathable and hypoallergenic, bamboo-fibre fabric is also a sustainable resource which grows sans chemical pesticides or fertilizers and is 100 per cent biodegradable. Shop: Mark's Work Wearhouse bamboo socks, \$9.99/2-pack.

- Toronto-based jewelry designer Dandi Maestre has a passion for organic shapes and natural materials such as shed antlers, driftwood, shells and bone, all found in shores, rivers, jungles and forests around the world. Shop: Dandi Maestre coconut cuffs, \$230 each, stackable bone and horn rings, \$75 each,



dandimaestre.com and select Holt Renfrew stores.

- A purse hook keeps your beloved bag off the dirty floor. The hook part swivels to slide flat into a purse pocket until you need it. Shop: Purse hook, \$24, eco-handbags.ca. This one's made with recycled metal and rubber.

- Artisans with Nugaard Designs make jewelry and decorative ornaments using traditional weaving techniques and organic Golden Grass, which grows in the north-west of Brazil and is a main source of income for local area communities. Shop: Nugaard Designs sculpted grass earrings with 14-karat gold earwire, \$164.30, anthropologie.com.

- Toronto-based designer Chrys Ioannou uses vintage elements from German, Japan,



Roots Source Bamboo, 50 mL, \$49, roots.com.



Jack & Marjorie Clementine clutch, \$110, jackandmarjorie.com.



Bamboo socks, \$9.99/2-pack, Mark's Work Wearhouse.

Czech Republic, France and the U.S. for many of her jewelry pieces. Shop: Red vintage glass earrings, \$12, chrysdesignsjewelry.etsy.com.

- Organic leather, vintage ticking fabric and a kiss-lock clasp make the made-in-Canada Jack & Marjorie Clementine clutch, \$110, a winning piece. Available at jackandmarjorie.com.

- Calgary's Rexcana Studios uses old truck tarps in many of their designs. Their Los Angeles Tote, \$110, also has a recycled-

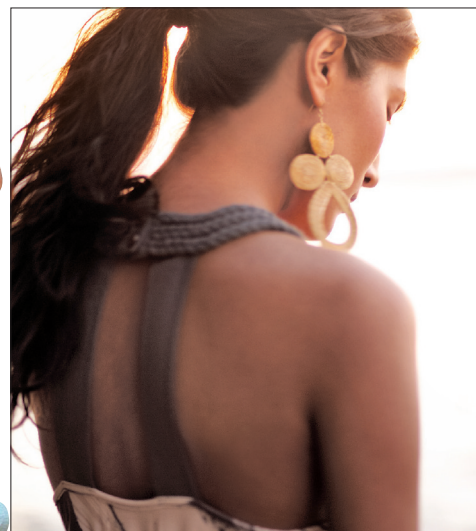


Timberland Earthkeepers Benin Ballerina deck shoe, \$100, at Sporting Life.

tire bottom and is lined with cotton. Available at eco-handbags.ca.

- For their Earthkeepers line, Timberland selects recycled materials, organic cotton and leathers from a tannery with reduced energy use, reduced waste and quality water treatment. Shop: Timberland Earthkeepers Benin Ballerina deck shoes, \$100, at Sporting Life.

- Roots introduces



Nugaard Designs sculpted grass earrings with 14-karat gold earwire, \$164.30, anthropologie.com.

Source, their first eco-scents made with natural corn-based alcohol, natural extracts and natural oils, and without animal ingredients, silicones, sulphates, phthalates or parabens. Boxes are constructed using renewable energy, 50 per cent post-consumer waste and carbon-neutral printing. Fragrances include Red Tea and Bamboo for women, 50 mL, \$49, roots.com.

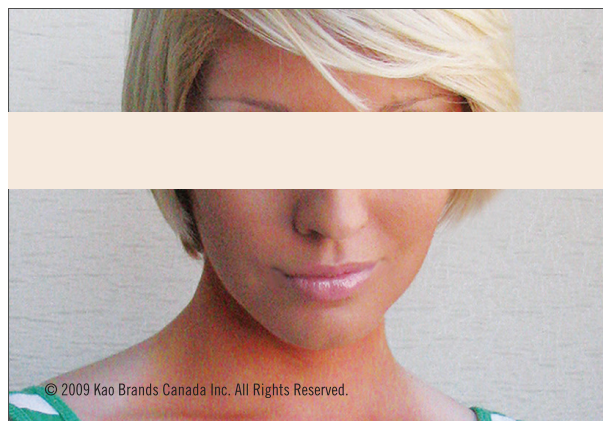
- Reusable, washable coffee-cup sleeves cut down on discarded cardboard types and start conversations too. Cup Couture cup sleeves, \$12 each, cup-couture.com.



Bone and horn rings, \$75 each, at Holt Renfrew.



Red vintage glass earrings, \$12, chrysdesignsjewelry.etsy.com.



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**COUPON EXPIRES:
DECEMBER 31, 2009**



Pretty prognosis for Doc Martens

TREND Look who's back and in a pretty, docile mood.

Dr. Martens, the boots that found favour with skinheads and other anarchists in the early '80s, have been making a comeback for some time now.

But this spring, these romper-stomper boots are in touch with their feminine side and getting all girlie.

Not just in pastel colours, they are positively bucolic in wallpaper-floral flocking.

Creator Dr. Klaus Maertens should be pleased. He did invent these boots, with the air cushion after he hurt his foot in a skiing accident — a much gentler context before

they became synonymous with anti-establishment style.

Doc Martens 1460, eight-eye boots, \$159.99 at Neon, 60 George St. and neonclothing.ca.

TORSTAR NEWS SERVICE



Left: Docs go girlie for spring — in pink flocking.



A pair that makes a strong statement: Spring's Highland Ranch shoe, \$39.99 and Brech clutch, \$24.99. Visit myspringshoes.com for more details.

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Together again

This season unites handbags and shoes

Handbag, meet your long-lost sibling, footwear.

It's been a long time since shoes and bags have paired up in matching colours and materials. But this spring, the two are about to be re-acquainted, trotting out together harmoniously as a perfectly matched set.

Back in 1997, a little bag named the Fendi Baguette struck out on its own and became a sensation, a move that sparked the phenomenon of the "It" bag.

Soon other designer bags were doing solo shows with oversized logos, heavy hardware and a riotous mix of gewgaws. Suddenly every season, there seemed to be a new "It" bag. And designers and retailers quickly learned that this exciting, sexy category gave new meaning to the phrase "moneybags," as it filled company coffers. Shoes were, well, left trailing behind.

Helping to widen the gap between shoes and bags was a weekly fashion "magazine" called Sex and the City, a show that celebrated maximalist fashion — clothes and accessories that revelled in a mix-it-any-which-way and pile-it-

all-on exuberance. It sparked a way of dressing in which no one wanted anything that even remotely matched. It looked modern and showed confidence to play mixmaster.

Then came the backlash against "It" bags. Customers grew tired of the rapid turnover, the exorbitant prices and the scarily authentic-looking knock-offs. As fashion went looking for the next "It" thing, shoes stepped forward from the wings like an understudy waiting for a moment in the spotlight.

And what a performance it was. In the past year, shoes rose to outlandish heights, figuratively and literally. Heels were skyscraper-high, architecturally sculpted and fantastically surreal.

Shoes were items whose very existence was based on functionality, but the question of whether you could walk in them became irrelevant. When models — people who walk for a living — were tumbling like bowling pins on the runways, it looked like the incredible shoe gig might be up.

The slowing economy expedited the trend away from all this exuberance. In just the past few months, the world has become a different place. And fashion has realized that a single outfit can only support so many outrageous accessories.

Women are weary of the mashup.

So, as we enter more frugal times, the pendulum is swinging

back to looks that are polished, pulled together and co-ordinated for today's sober reality.

Once again, handbags and shoes are ready to share the limelight as ensemble players.

TORSTAR NEWS SERVICE

"As fashion went looking for the next 'It' thing, shoes stepped forward from the wings like an understudy waiting for a moment in the spotlight."

FlareFashion

Lisa Tant

Read the blog at metronews.ca/flarefashion



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NASA gives Colbert a workout

NASA has refused to name a room on the international space station after Stephen Colbert after he won a contest, but the government agency said Monday that it will name a high-tech treadmill after the Emmy winner instead. [EONLINE.COM](#)

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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

McClelland disc perfect for summer

Melissa McClelland

Album: Victoria Day
Label: Six Shooter/Universal
Rating: ⓈⓈⓈ

NOW'S THE TIME

to stock up on summer albums for those long drives to the cottage, and Melissa McClelland's latest deserves a top spot on the iPod. The Hamilton-based songstress delivers a lush collection of layered country tunes and orchestral jazz-tinged numbers, all delivered in her spectacularly honeyed voice. While it's not Earth-shattering stuff — she plays it fairly safe on most tunes — it's still a comprehensive and moving listen. This album is a bonus for fans of Luke Doucet, who produced the disc and is married to McClelland, as his twangy sheen is all over the record.

Bryan Borzykowski/for Metro Canada

Billy Ray Cyrus

Album: Back To Tennessee
Label: Disney/Universal
Rating: ⓈⓈ

DOES THIS MAN

have no shame? It's not so much that Cyrus is trying to kickstart his dead-end career on the back of his mega-rich daughter, but it's the fact that he's actually released a mainstream country album on the Disney label. Does he honestly think that legions of Hannah Montana fans are going to rush out and buy this simply because their idol was spawned from his seed? Some of them will no doubt find comfort in the fact that the biggest hit on the album is the "bonus track" Butterfly Fly Away, a duet with Miley. To be fair, there are some decent tracks, especially the down tempo He's Mine and the rocker Love Is The Lesson. But others like Thrillbilly and Country As Country Can Be are rendered laughable.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at metronews.ca/music

k-os

Album: Yes
Label: Universal
Rating: ⓈⓈⓈ

SINCE KHEAVEN

BRERETON released his first record in 2003, he's been masterfully melding rock, hip-hop and R&B into a thought-provoking cross-genre soup of sounds. On his latest, however, the Trinidadian-born, Toronto-raised musician dives full force into rap, leaving the more "rock" rhymes to Emily Haines, Nelly Furtado and other Canadian artists. Yes is probably k-os' most focused, and intriguing record to date. Minimalist electro-drums on Astronaut, the Love Buzz bass line on

Uptown Girl, and a weird use of the OC's theme song prove that even though there aren't any big riffs, Brereton's still got plenty of tricks up his sleeve.

Bryan Borzykowski/for Metro Canada

John Doe and The Sadies

Album: Country Club
Label: Outside
Rating: ⓈⓈⓈ

THIS IS A record brimming with guilty pleasures. It's for all those who secretly admit to loving the music of Roger Miller, Porter Wagoner, Ray Price, Hank Snow, Merle Haggard and Bobby Bare. The songs are pure countrypolitan, a style of

MusicReviews

music@metronews.ca

music that took hold of Nashville in the '60s as producers attempted to take country music uptown. The Sadies arrangements, however, have stripped the songs down to their original demo versions — glorious pedal steel the only embellishment. And the song selections are brilliant. Instead of the obvious, like King Of The Road, they've taken Miller's Husbands And Wives, instead of Stand By Your Man, they've taken Tammy Wynette's Til I Get It Right. John Doe's vocals are near perfect, especially on the Kristofferson masterpiece Help Me Make It Through The Night.

Graham Rockingham/for Metro Canada



Page goes pop

Ellen Page's Wikipedia entry says the Academy Award-nominee will voice-guest on The Simpson's on May 3 as a pop star called Alaska Nebraska.

METRO NEWS SERVICES



Victoria Day is the new album from Melissa McClelland.

critics'corner

Last Call at the Gladstone Hotel

What could have been a Cinderella story of a historic old building restored to its former glory is instead a compelling commentary on the effects of gentrification. Neil Graham and Derreck Roemer chronicle five years in the life of the Toronto hotel, a flophouse whose new owners attempt to transform it into a hip hangout, to the dismay of the longtime residents and staff. Let's just say things don't go according to plan. 9 PM on 40 BVO



30 Rock

Workaholic Liz (Tina Fey) must find a way to occupy her time during a short-term suspension from work. Jack (Alec Baldwin) asks Jenna (Jane Krakowski) to use her star power to create promotional buzz when the film studio has second thoughts about releasing her Janis Joplin biopic. Tracy Morgan and Jack McBrayer co-star in the new episode "Jackie Jormp-Jomp." 9:31 PM on 15 CITY 9 NBC

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4/16/09	265	353	2	TVO	Mighty Movers	The Agenda With Steve Paikin	Survivor: Tocantins (N)	London Hospital	Masterworks Frida Kahlo (N)	Agenda-Paikin		
	211	331	3	GTV	ET Canada	Survivor: Tocantins (N)	Alimentation	The Office (N)	Kink in Hair	(10:01) Harper's Island (N)	News	
	-	-	5	SRG	Virginie (SC)	Infoman (SC)	Les Galas 2007 du Festival	Le Téléjournal	Le Nou	(10:02) Private Practice	Comedy Now	
	209	342	6	CHRO	Instant Star	TMZ (N)	Old Christine	America's Next Top Model	Southland (HDTV) (N)	(10:02) Private Practice	Comedy Now	
	196	311	7	CTV	Hollywood	talk	Law & Order: SVU	CSI: Crime Scene Invstgtn.	National	NHL Hockey Playoffs - Teams TBA.	News (N)	
	208	303	8	CBC	NHL Hockey Playoffs - Teams TBA.	Jeopardy! (N)	Name Is Earl	Parks-Recreat	The Office (N)	30 Rock	Southland (HDTV) (N)	News (N)
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	La Classe de Se (HDTV) (SC)	Destination Nor'Ouest (SC)	TVA 22 heures	(10:45) Denis Lévesque	Loft Story	
	117	713	10	TVA	Dépenses xtr	Histoires-filles	Les Mariages oubliés (2006, Suspense)	Molly Ringwald.	Cent dix pour cent (SC)	Folie-aventure	Voit	
	-	-	11	OS	Loft Story	Un monde bête	Au delà des apparences	Survivor: Tocantins (N)	Alimentation	Le Téléjournal	Le Nou	
	137	763	12	TFO	Panorama	Dr. Phil (HDTV) (N)	Survivor: Tocantins (N)	News (N)	30 Rock	30 Rock	King	
	-	362	13	CBS	Dr. Phil (HDTV) (N)	Raymond	News (N)	100 Huntley Street	Life Today	Tête-à-tête	Dossier public	
	216	395	14	OMN2	Raymond	Raymond	News (N)	Hell's Kitchen (N)	News (N)	This Is Day	John Hagee	
	214	344	15	CITY	Law & Order: SVU	Law & Order: SVU	In Motherhood	Parks-Recreat	30 Rock	30 Rock	King	
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)	30 Rock	30 Rock	King	King	
	218	345	18	ET	The Insider (N)	El News	Name Is Earl	10 Items-Less	My Fabulous Gay Wedding	Party Monsters: Cabo	News (N)	
	-	361	20	ABC	News (N)	Entertainment	In Motherhood	Samantha Who	Grey's Anatomy	(10:02) Private Practice	News (N)	
	512	396	24	CPAC	(5) Dossier public	Laverne	Michael Coren Show	100 Huntley Street	Life Today	Tête-à-tête	Dossier public	
	651	355	25	CTS	Happy Days	Seinfeld	Bones (HDTV PA) (N)	Hell's Kitchen (N)	News (N)	This Is Day	John Hagee	
	-	365	36	FOX	TMZ (N)	Equitrekking	Yes, Minister	Time Goes By	News (N)	Poldark	Charlie Rose	
	-	64	PBS	Business Rpt.	Equitrekking	Law & Order: SVU	The Hour	CBS: Crime Scene Invstgtn.	Southland (HDTV) (N)	News (N)	National	
	205	312	104	CTV	Hollywood	Newman	Law & Order: SVU	The Hour	CBS: Crime Scene Invstgtn.	Southland (HDTV) (N)	News (N)	
	500	500	33	CNN	Lou Dobbs Tonight	Campbell Brown: No Bias	MLB Baseball Toronto Blue Jays at Minnesota Twins (HDTV) (Live)	Larry King Live (N)	Anderson Cooper 360 (HDTV)			
	406	417	27	net	World Sport	Jays	MLB Baseball Toronto Blue Jays at Minnesota Twins (HDTV) (Live)	Le Téléjournal (SC)	Le Téléjournal			
	128	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	Le Téléjournal	Le Téléjournal			
	400	280	30	TSN	Hockey: U18	NHL Hockey Playoffs - Teams TBA (HDTV) (Live)	World Poker Crown	Aussie Millions '09	SportsCentre (HDTV) (Live)			
	410	402	52	SCR	Hardcore Champ. Fight	Departures	Departures	Mantracker	Bounty Hunter	Bounty Hunter	Departures	
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Pinks - All Out (HDTV)	Bullrun (HDTV) (N)	Bullrun (HDTV) (N)	Pimp My Ride	Pimp My Ride	
	417	406	59	SC	Pimp My Ride	Pass Time	6TEEN	Futurama	Ultimate Avengers: The Movie (2006)	Ultimate Avengers		
	554	544	58	TEL	Totally Spies	Total Drama	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House
	557	540	51	FAM	Wizards-Place	Han, Montana	Malcolm-Mid.	Futurama	In Real Life	Entourage	Gene Simmons	The Daily Fix
	551	542	65	YTV	True Jackson	H2O, Just Add	Ranked!	The First 48 (HDTV)	The First 48 (HDTV) (N)	The Beast	"Counterfeit"	The Beast
	570	580	29	MM	The Daily Fix	Ranked!	The First 48 (HDTV)	The First 48 (HDTV) (N)	The Beast	"Counterfeit"	The Beast	
	515	520	31	A&E	The First 48 "Gone"	UFC Unleashed	UFC Unleashed	TNA Wrestling (HDTV) (N)	American Chopper (N)	Heil-Loggers (HDTV) (N)	Amer. Chopper	
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.	Overhaul'n (HDTV)	Club social "Louise Beaudoin"	Envoyé spécial	Cité guide	Journal TV5		
	521	560	34	TLK	Rides "Time Capsule"	Love-Death	Love-Death	Trailer Park	Trailer Park	Crank ** (2006, Action)	Jason Statham	
	145	761	35	TV5	Destinations	Fourchette	Love-Death	Love-Death	Trailer Park	Trailer Park	Crank ** (2006, Action)	Jason Statham
	616	521	39	SHO	The Outer Limits	Snapshot	Love-Death	Love-Death	Trailer Park	Trailer Park	Crank ** (2006, Action)	Jason Statham
	620	523	40	BVO	Camera	Snapshot	Bathroom Divas-Opera Star	Last Call at the Gladstone Hotel (N)	Time Warp	MythBusters	Hope & Faith	Coyote Ugly
	520	505	42	DIS	Daily Planet (N)	Snapshot	Who Sank the Titanic	Home Improve.	Home Improve.	Reba	X-Weighted	Sharia
	575	583	43	CMT	Totally	Totally	Home Improve.	Home Improve.	Reba	X-Weighted	Sharia	X-Weighted
	601	582	45	SLC	Skin Deep	Til Debt-Part	X-Weighted "Jeremy"	X-Weighted "Sharia"	X-Weighted	Sharia	X-Weighted	Daily Show
	625	548	46	COM	Air Force	Just for Laughs	Friends	Friends	Friends	Friends	Friends	Friends
	294	529	47	TBS	House-Payne	House-Payne	Friends	Friends	Friends	Friends	Friends	Friends
	600	564	49	H&G	House Hunters	Property Virgin	Holmes in New Orleans	Disaster DIY	Big Amazing	House Hunters	House Hunters	HolmesOrleans
	627	528	50	SPC	Stormworld	Grand Star	Star Trek: Voyager	Ghost Hunters	Ghost Hunters	House Hunters	House Hunters	Stargate SG-1
	518	566	53	MTV	Mom & Dad	After	MTV News	Cribs	The Hills	The Hills	Raymond	MTV Live
	518	524	54	TROP	Vanity Insanity	Inside Hollywood	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld	Seinfeld
	522	506	55	HIS	NCIS "Identity Crisis"	Ancient Discoveries	Les Procureurs	Wait for God	'Allo, 'Allo!	Divine Design	Divine Design	Divine Design
	129	773	60	CD	Biographies "Sylvie Fréchette"	Wait for God	'Allo, 'Allo!	Divine Design	Divine Design	Divine Design	Divine Design	Divine Design
	261	394	61	V	Murder, She Wrote	Divine Design	Warriors: TKO	Wapos Bay	By the Rapids	renewedepress	TMZ (N)	etalk
	602	567	62	W	Will & Grace	Friends	Warriors: TKO	Wapos Bay	By the Rapids	renewedepress	TMZ (N)	etalk
	269	350	70	APLN	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Restaurant Makeover	Chef Jeff Project (N)	Ace of Cakes	Ace of Cakes	Chef Abroad
	621	527	71	TKTN	The Ellen DeGeneres Show (N)	TMZ (N)	etalk	Restaurant Makeover	Chef Jeff Project (N)	Ace of Cakes	Ace of Cakes	Chef Abroad
	603	561	95	FN	Chef at Home	Exotic	Restaurant Makeover	Chef Jeff Project (N)	Ace of Cakes	Ace of Cakes	Chef Abroad	

Listen to this week's reviewed music at metronews.ca/music



Turns out that Hills star Spencer Pratt has political aspirations. "I don't know if I'll be getting elected any time in the next century or so, but I'm definitely going after mayor of L.A. and at least governor," Pratt says, according to Pop Sugar. **METRO WORLD NEWS**

Governor Pratt?

Celebrity Buzz

Jackson's toy auction called off

INCOME Looks like that big auction of Michael Jackson's toys and trinkets from Neverland Ranch isn't happening. Though the singer had originally agreed to the auction to help pay off his massive debts, he decided to cancel it after booking a series of high-paying shows in London this summer. Now, as part of a settlement with Julien's Auction House, Jackson gets to keep the nearly 2,000 items that were to be auctioned off beginning next week, according to TMZ.



METRO WORLD NEWS

Shia undergoes another surgery

HEALTH Shia LeBeouf is on the third surgery for the injury he sustained in a car accident last year — and he says he'll never fully regain use of his left hand. "I'll be able to make a fist again," the actor tells Entertainment Weekly. "There's a knuckle I'll never be able to move again, but that's probably the only permanent damage, other than the scarring."



METRO WORLD NEWS

Geri's already found a new man

DATING Her engagement to Italian yacht tycoon Fabrizio Politi ended a month ago, but Geri Halliwell has already found somebody new. The former Spice Girl was caught canoodling with British aristocrat Henry Beckwith on a luxurious ski trip in France, according to the Daily Mail. Witnesses spotted the pair kissing and cuddling on lounge chairs, enjoying a meal at an outdoor café and spending time with Halliwell's daughter, Bluebell.



METRO WORLD NEWS

Tense home gave away Mel's marriage troubles

DIVORCE A source close to Mel and Robyn Gibson — who this week announced they were divorcing after 28 years of marriage — alleges that the atmosphere in the couple's home was often a giveaway that things were not right between the couple, people.com reports.

"The tension between Mel and Robyn was obvious. Even during family dinners, they wouldn't speak sometimes. Robyn would pretend that everything was perfect. No one would ever dare to ask her how she and Mel were doing," the source tells People.

The problems seemed to become evident three years ago, the magazine alleges. "During the summer of 2005 the whole family had a great time hanging out at the Gibson's Malibu beach house, but at the be-

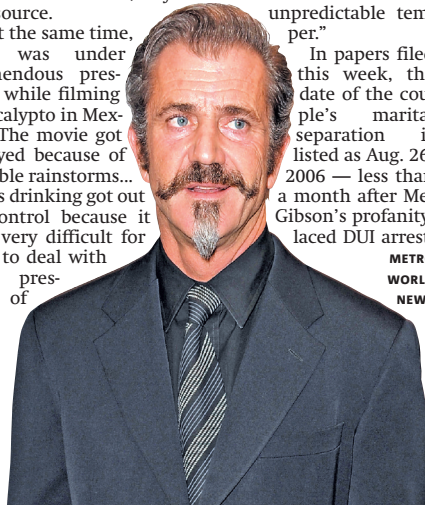
ginning of (2006), Mel started having severe depression and went back to drinking massive amounts of alcohol. It was all very stressful for his wife," says the source.

"At the same time, Mel was under tremendous pressure while filming *Apocalypse in Mexico*. The movie got delayed because of terrible rainstorms... Mel's drinking got out of control because it was very difficult for him to deal with the pressure of producing the

movie," people.com quotes the source as saying.

The source adds: "Mel's family had no control over his drinking and were instead afraid of his bad, unpredictable temper."

In papers filed this week, the date of the couple's marital separation is listed as Aug. 26, 2006 — less than a month after Mel Gibson's profanity-laced DUI arrest.



METRO WORLD NEWS

Paris is up for online excellence award

SEND-UP Paris Hilton's presidential campaign has been nominated for an award, femalefirst.co.uk reports. The socialite's spoof Paris for President online videos — made in response to an ad referring to the blond star in Senator John McCain's campaign — is up for a Webby Award, which recognizes excellence on the Internet. Hilton's clip, produced for FunnyOrDie.com, is nominated for Best Comedy: Individual Short. Other

nominees include Jack Black, Rashida Jones and Neil Patrick Harris for *Prop 8: The Musical* — which is also up for best writing — and Rob Corddry's *Children's Hospital* starring Megan Mullally. Voting is open to anyone at pv.webbyawards.com until April 30, and the winners will be an-

nounced on May 5. The winners of the 13th annual Webby Awards will be honoured at a gala in New York on June 8, hosted by Saturday Night Live star Seth Myers.



METRO NEWS SERVICES

Economy may hamper Britney's tour plans

LEGALITIES Britney Spears' father has been seeking permission from a judge to expand the pop star's current *Circus* tour — but the dour economy may hamper those plans, it was revealed in a Los Angeles courtroom Tuesday, people.com reports.

The pop star, 27, is halfway into a 49-show tour through Canada, the U.S. and the U.K., with hopes to add more dates through Europe, Australia and a possible second U.S. tour.

"It hasn't yet been determined whether it's feasible to expand tours to the Europe or Australia legs," L.A. Superior Court Commissioner Reva Goetz said following a closed-door discussion with Jamie and his lawyers. "That will be de-

termined in the future after everyone's seen the analysis, in terms of the economy and value of the dollar," Goetz added.

Spears and another lawyer hold indefinite legal control over his daughter following her two forced hospitalizations last year.

METRO NEWS SERVICES



Drew, Justin are on again

ROMANCE Drew Barrymore showed up to the premiere of her new HBO film, *Grey Gardens*, with a familiar face tagging along: On-again, off-again boyfriend Justin Long.

The two are supposedly not currently dating, though they are set to work together again in the upcoming *Going the Distance*.

But just because she brought Long along doesn't mean Barrymore wants to talk about it. When asked by *Us Weekly* what it was like hav-

ing Long there, the actress smiled and quickly rushed into the theatre with co-star Jessica Lange without saying a word.

METRO WORLD NEWS



Jamie's sorry for picking on Miley

CELEB DUST-UPS Jamie Foxx would like to take back some of the things that he said about Miley Cyrus — like that she should release a sex tape and take drugs.

"I so apologize, and this is sincere," Foxx said while visiting Jay Leno's talk show.

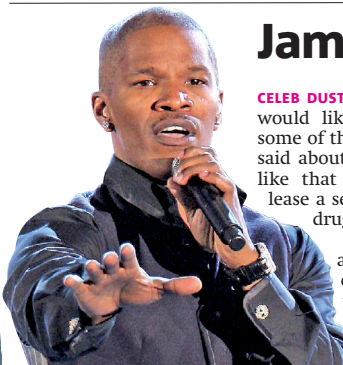
"I am a comedian, and you guys know that whatever I say, I don't mean any of it. And sometimes, as comedians, as we do, we go a little bit too far."

In other Cyrus news, the *Hannah Montana* star is being honored by Peta2, the youth outreach arm of PETA. The group has decided to give Cyrus a Compassionate Citizen Award for

her work with animals on her latest movie.

The actress even grew so attached to the chickens she worked with that she decided to take one home. "She is funny with animals" her co-star Jason Earles tells Fox News. "She was like, 'I have to have that chicken.' She falls in love like you wouldn't believe."

METRO WORLD NEWS



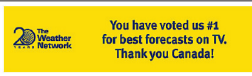
J.J. SAID
IT WOULD!

J.J. Clarke

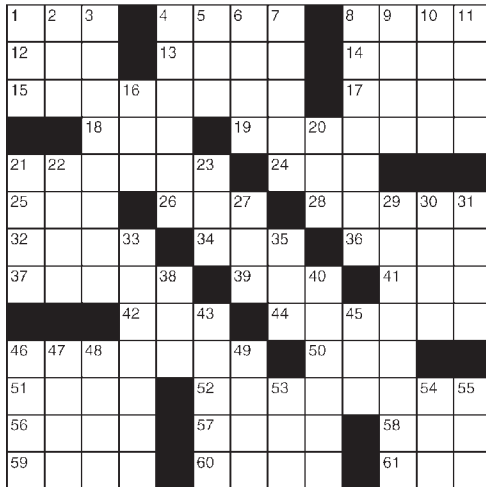
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OTTAWA'S WEATHER LEADER



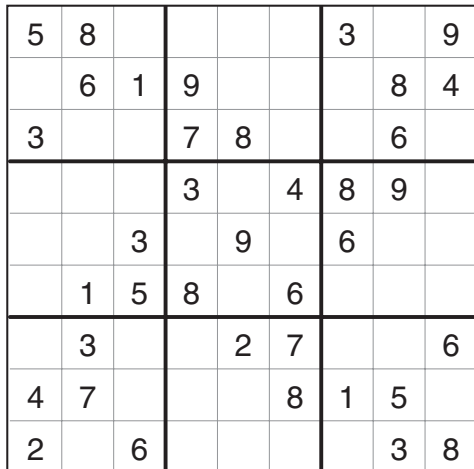
For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Crossword across

- | | | |
|-------------------------------|------------------------|--------------------------|
| 1 Auction action | 25 "— was saying..." | feature |
| 4 Presentation | 26 Fix the sound-track | 46 Montgolfier transport |
| 8 A-number-1 | 28 Doppler device | 50 Torched |
| 12 Blackjack component | 32 Heckle | 51 Margarine |
| 13 Emanation | 34 Space | 52 Wreck |
| 14 Make a lasting impression? | 36 Bigfoot's cousin | 56 "— it roman-tic?" |
| 15 JFK or LBJ, e.g. | 37 Nerdy guy | 57 History chap-ters |
| 17 Waikiki wingding | 39 Joke | 58 Not paleo- |
| 18 Rowing need | 41 Off-tattooed word | 59 Oodles |
| 19 Granting per-mission | 42 Branch | 60 Lomond is one |
| 21 Cold season | 44 Four-poster | 61 Wander about |
| 24 Uncivilized | | |

Crossword down

- | | | |
|----------------------|------------------------|-------------------------|
| 1 Awful | 22 "— Mommy | 45 Zilch |
| 2 "Rocks" | Kissing Santa Claus" | 46 Seethe |
| 3 Portray as satanic | 23 Obvious hair-piece | 47 As well |
| 4 Holy | 27 Satchel | 48 Fast time? |
| 5 "Ben- —" | 29 Reducing in rank | 49 Infamous lyre player |
| 6 Exam format | 30 On | 53 Singer Davis |
| 7 "Just add —" | 31 Frost-covered world | 54 The Red or the Black |
| 8 D.C. social | 33 Ardent enthu-siasts | 55 Coal carrier |
| 9 Needle case | 35 — -10 Confer-ence | |
| 10 Read briefly | 38 Street address? | |
| 11 Hoodlum | 40 Overshoe | |
| 16 Feedbag bit | 43 Runway VIP | |
| 20 Paving gunk | | |
| 21 Hospital section | | |

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 minGenius
13-17 minScholar
17-21 minSmart
21-25 minNot bad
25+ minKeep practising

Metro Recipe of the Day



Chesapeake Crab Cakes

INGREDIENTS:

- 1/2 cup fresh bread crumbs
- 1 celery stalk with leaves, finely chopped
- 1/3 cup finely chopped and seeded red pepper
- 2 tbsp (25 ml) minced shallot
- 2 tbsp (25 ml) finely chopped parsley
- 2 tbsp (25 ml) coarse Dijon mustard
- 2 tbsp (25 ml) low-fat mayonnaise
- 2 large egg whites
- 1 tsp (5 ml) Old Bay seasoning
- 1 lb (500 g) lump crabmeat, picked through
- 1/3 cup (75 ml) all-purpose flour
- 2 tsp (10 ml) canola oil

METHOD:

- Mix bread crumbs, celery, red pepper, shallot, parsley, mustard, mayonnaise, egg whites and Old Bay seasoning in large bowl. Fold in crabmeat.
- Preheat oven to 350°F (180°C). Spread flour on waxed paper. Divide crab

mixture into 8 mounds, then form into patties with floured hands. Dredge in flour.
3. Lightly coat non-stick frying pan with non-stick cooking spray and set over medium-high heat until hot but not smoking. Cook 4 crab cakes until brown, about 2 minutes on each side. Drizzle 1 tsp (5 ml) oil around crab cakes, gently shaking pan to spread oil, right after turning crab cakes over. Transfer to plate lined with paper towels. Repeat with remaining crab cakes and oil.
4. Lightly coat baking sheet with non-stick cooking spray, place crab cakes on sheet, and bake until very hot in centre, 8 to 10 minutes.

SERVES 4



Horoscopes

ARIES

MARCH 21-APRIL 20
Deal with health issues one at a time. Jealousy makes you laugh. Count your blessings in an unbelievable situation.

TAURUS

APRIL 21-MAY 21
A lazy person reveals deep-seated greed. Play it safe by speaking out. Limit your involvement with a sneaky old friend.

LIBRA

SEPT 23-OCT 23
A victory will be a vindication. A perplexing situation arises at the last minute. Maintain your silence about trashy treasures.

SCORPIO

OCT 24-NOV 22
Reorganizing causes wonderful changes. Help a friend to take it easy. You can nurture hope for a sweetheart.

GEMINI

MAY 22-JUNE 21
Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.

SAGITTARIUS

NOV 23-DEC 21
A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.

CANCER

JUNE 22-JULY 22
Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.

CAPRICORN

DEC 22-JAN 20
Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule.

LEO

JULY 23-AUG 23
A problem will be solved if you play it cool. Defences could engage your fight-or-flight mechanism. Don't let a bad phone call ruin communication.

AQUARIUS

JAN 21-FEB 18
You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.

VIRGO

AUG 24-SEPT 22
Try to hide some slobby personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.

PISCES

FEB 19-MARCH 20
A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.

This day in history

- APRIL 16, 1912: Harriet Quimby becomes the first woman to fly an airplane across the English Channel.
- APRIL 16, 1917: Vladimir Lenin returns to Petrograd from exile in Switzerland.
- APRIL 16, 1943: Dr. Albert Hofmann discovers the psychedelic effects of LSD.
- APRIL 16, 1990: The "Doctor of Death" Jack Kevorkian, goes through with his first assisted suicide.
- APRIL 16, 2007: Virginia Tech shooting: Gunman Seung-Hui Cho, shoots 32 people to death and injures 23 others before committing suicide.

METRO NEWS SERVICES

WORDY GURDY

- Coquettish Behar of "The View" (1)
 - Additional ones saw logs in bed (1)
 - Chooses a cereal not for rabbits (1)
 - Airport boarding site after seven (1)
 - One tugging hard on a ship-holding device (2)
 - NBA legend Jordan's repeated series (2)
 - Equally splitting heading a committee (2)
- 4 16 03

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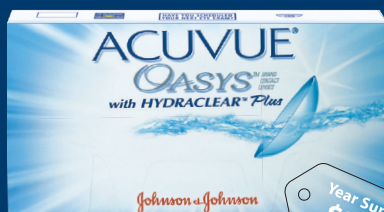
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Hunt Club, Towngate Mall..... (613) 521-8884
Billings Bridge Plaza,..... (613) 523-7772

Kanata Centrum Mall, Next to Rogers (613) 599-9599
Barrhaven, Near Walmart..... (613) 843-1333
Renfrew, 108 Raglan St. S..... (613) 432-4488
Kemptville, Kemptville Mall..... (613) 258-2700
Hull, 101-295 St-Joseph Blvd..... (819) 771-2222
Gatineau, Promenades de l'Outaouais (819) 246-2222
Cornwall Square, 2nd floor / Charms..... (613) 930-2222
Brockville, 358 Stewart Blvd / Swiss Chalet (613) 345-1119
Kingston, Catarqui Centre / 2nd floor The Bay (613) 546-4444
Belleville, Bell Tower Plaza..... (613) 967-0000
Oakville, 261 Oak Walk Dr near Walmart (905) 257-6991

Burlington, Appleby Crossing / Cora's (905) 335-0035
Mississauga, Mavis & Britannia / Best Buy (905) 568-8899
St. Catharines, Pen Centre / The Bay.... (905) 988-9797
Marché Central, (514) 384-1117
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Lasalle, Next to Famous Player..... (514) 363-4000
Laval, Carrefour Laval (450) 902-1000
Fairview Pointe-Claire, (514) 695-2555
St-Bruno, Promenades St-Bruno (450) 653-5959
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